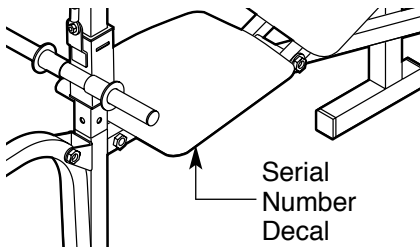


WEIDER[®] 110

Model No. WEBE03820

Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL

QUESTIONS?

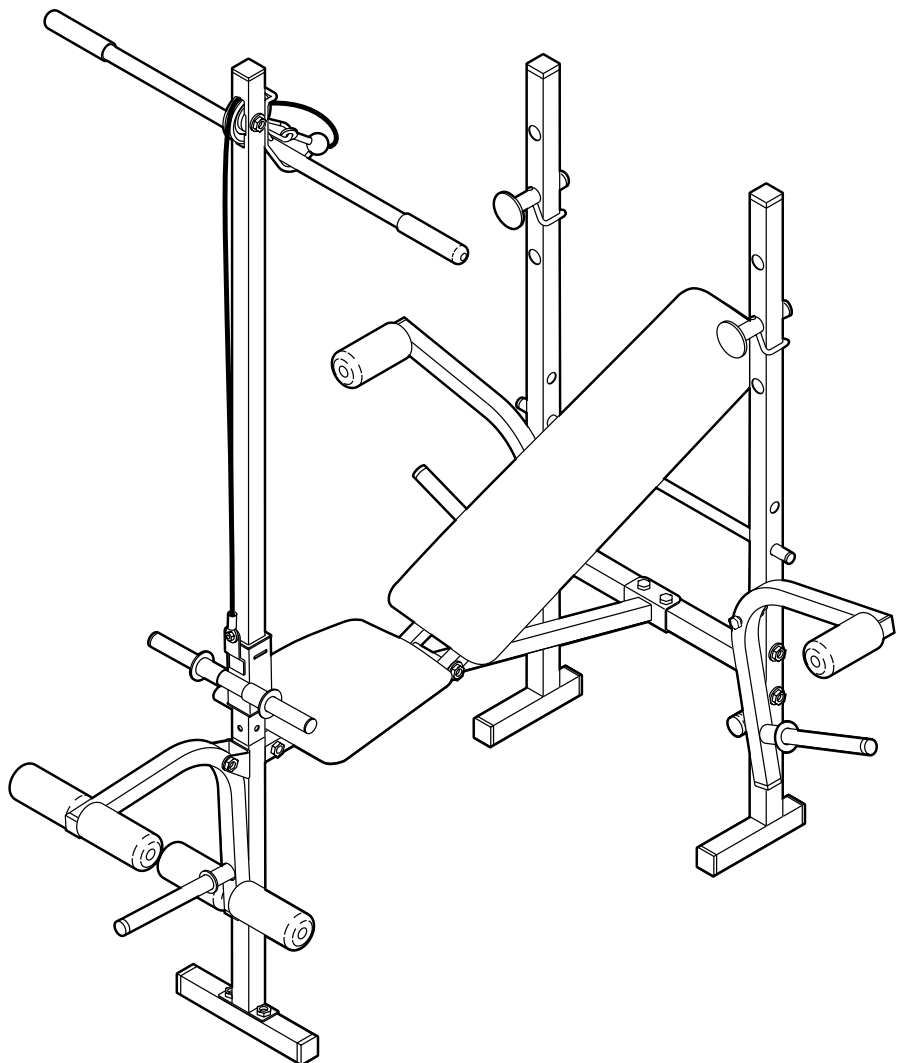
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.–Fri., 6 a.m.–6 p.m. MST



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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new products, prizes,
fitness tips, and much more!

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 300 pounds. Do not place more than 110 pounds, including a barbell and weights, on the weight rests. Do not place more than 30 pounds on each fly arm. Do not place more than 50 pounds on the leg lever or the lat tower. Note: The weight bench does not include a barbell and weights.
10. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
11. Do not use a barbell that is longer than five feet with the weight bench.
12. Always make sure there is an equal amount of weight on each side of your barbell when you are using it.
13. When using the backrest in an inclined or level position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.
14. Always remove the lat bar when performing an exercise that does not require it.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. The decals shown below have been placed on the weight bench in the locations shown on page 4. If a decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal to the location shown.



Warning Decal 1



Warning Decal 2

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

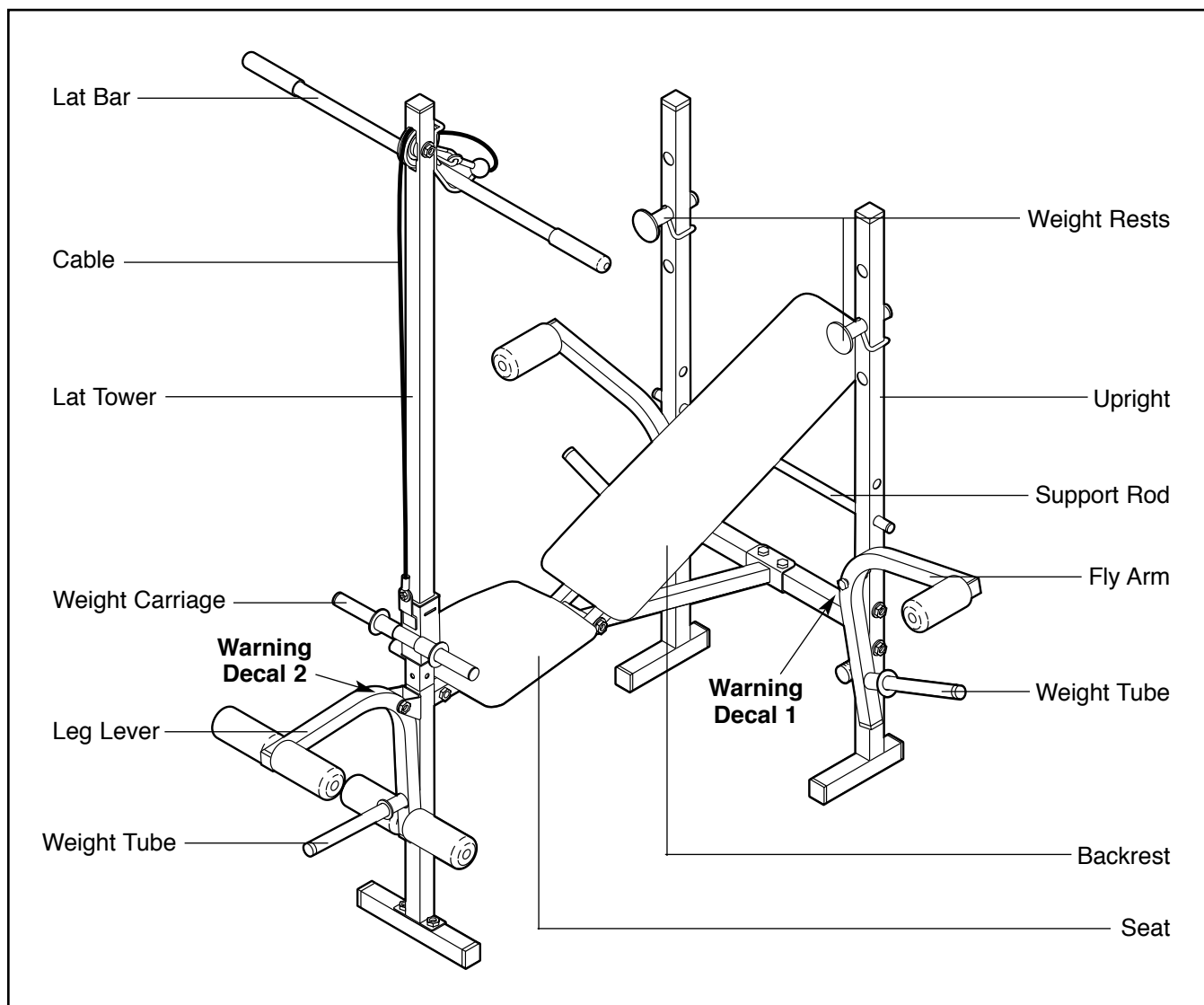
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 110 weight bench. The versatile WEIDER® 110 weight bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 110 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have additional questions, please call our Customer Service Department

toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE03820. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Things Easier for Yourself



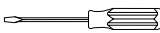
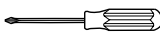
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before assembling this product, make sure you understand the information in the box above.**

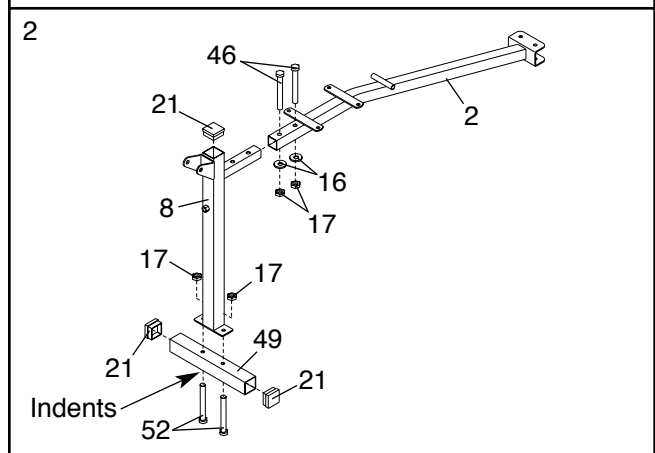
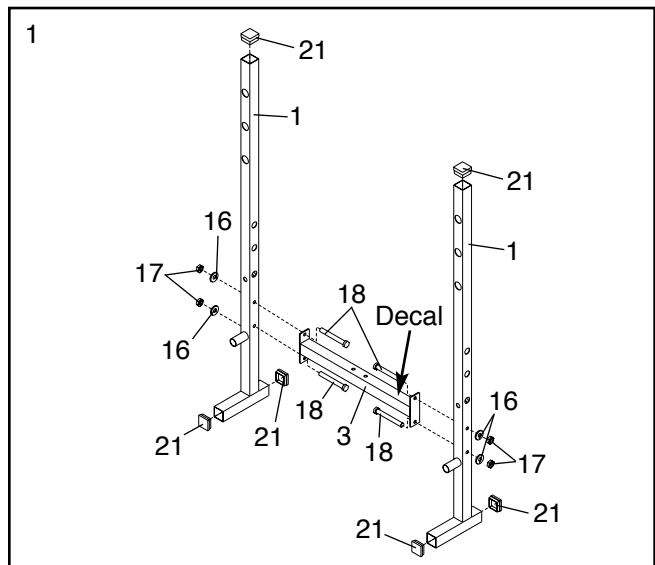
Press three 38mm Square Inner Caps (21) into each Upright (1).

Attach the Crossbar (3) to the two Uprights (1) with four M8 x 55mm Bolts (18), four M8 Washers (16), and four M8 Nylon Locknuts (17). **Do not tighten the Locknuts yet. Make sure that the decal on the Crossbar is oriented as shown.**

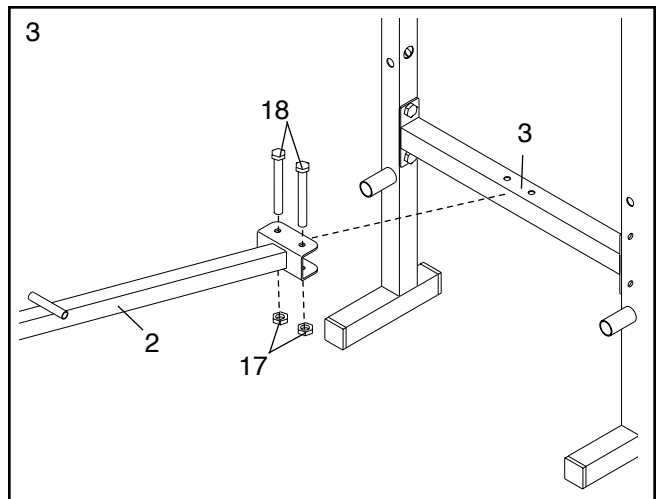
2. Press a 38mm Square Inner Cap (21) into the Front Leg (8). Press two 38mm Square Inner Caps into the Stabilizer (49).

Orient the Stabilizer (49) with the indents around the holes on the bottom. Attach the Front Leg (8) to the Stabilizer with two M8 x 50mm Carriage Bolts (52) and two M8 Nylon Locknuts (17).

Attach the Front Leg (8) to the Frame (2) with two M8 x 40mm Carriage Bolts (46), two M8 Washers (16), and two M8 Nylon Locknuts (17). **Do not tighten the Locknuts yet.**

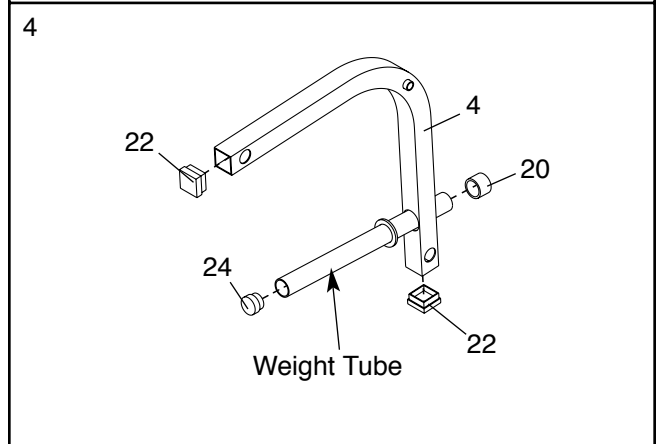


- Attach the Frame (2) to the Crossbar (3) with two M8 x 55mm Bolts (18) and two M8 Nylon Locknuts (17). **Do not tighten the Locknuts yet. Be sure that the Frame is attached on the indicated side of the Crossbar.**

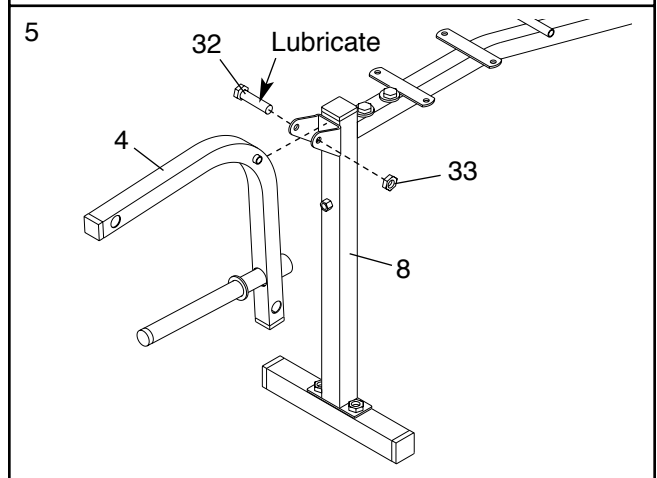


- Tap a 30mm Square Inner Cap (22) into each end of the Leg Lever (4).

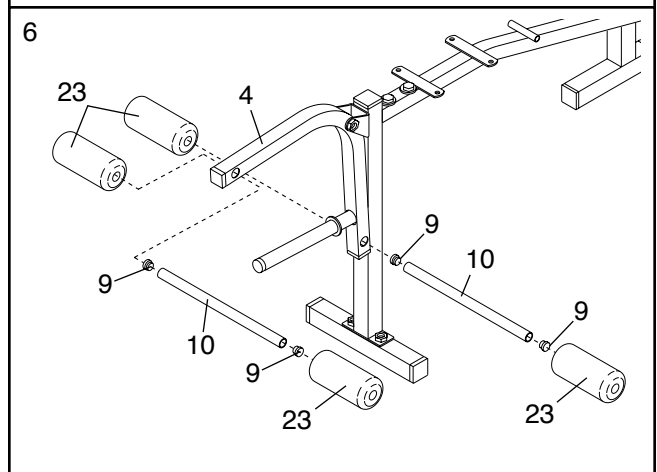
Press a 25mm Round Inner Cap (24) into the indicated end of the weight tube on the Leg Lever (4). Press the 25mm Round Angled Cap (20) onto the other end of the weight tube.



- Lubricate the M10 x 60mm Bolt (32) with grease. Attach the Leg Lever (4) to the bracket on the Front Leg (8) with the Bolt and an M10 Nylon Locknut (33). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

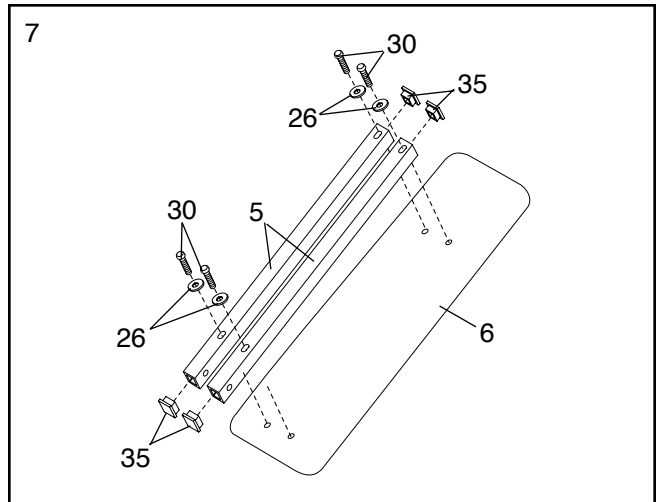


- Insert the two Pad Tubes (10) into the holes in the Leg Lever (4). Slide two Long Foam Pads (23) onto each Pad Tube. Press two 19mm Round Inner Caps (9) into each Pad Tube.



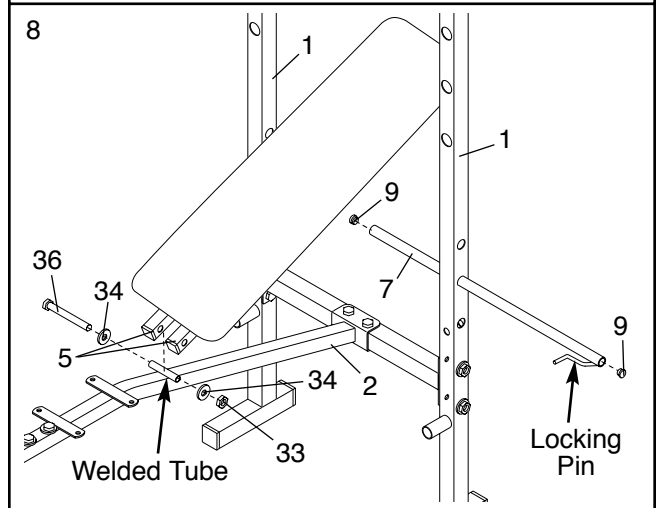
- Tap two 25mm Square Inner Caps (35) into each of the two Backrest Tubes (5).

Attach each Backrest Tube (5) to the Backrest (6) with two M6 x 38mm Screws (30) and two M6 Washers (26). **Do not tighten the Screws yet.**



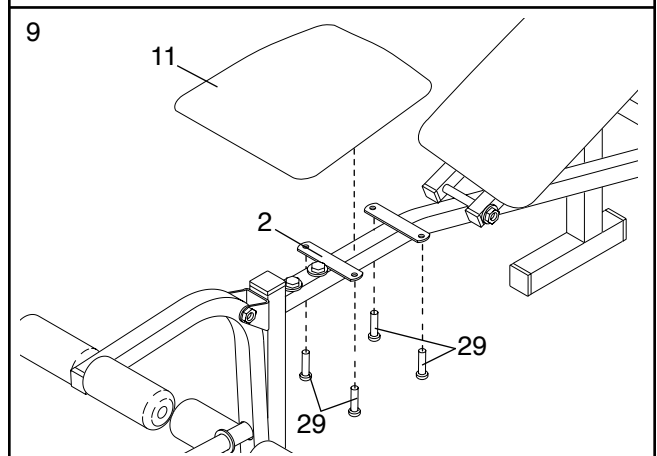
- Tap a 19mm Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod into one of the three upper sets of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright. **Note: Always insert the Support Rod into the Uprights so that the locking pin wraps around the back of the Upright.**

Lubricate the M10 x 135mm Bolt (36) with grease. Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (34), and an M10 Nylon Locknut (33). **Do not overtighten the Locknut; the Backrest Tubes must be able to pivot easily.**



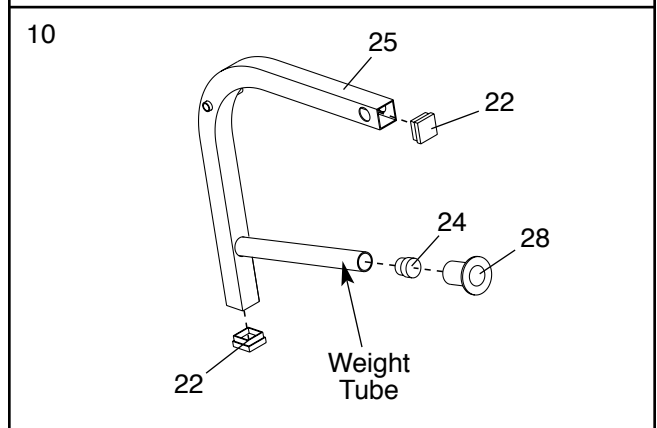
Tighten the M6 x 38mm Screws (30) used in step 7, and the Nylon Locknuts (17, 33) used in steps 1 to 3.

- Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (29).



- Press two 30mm Square Inner Caps (22) into the ends of a Fly Arm (25). Press a 25mm Round Inner Cap (24) into the end of the weight tube. Slide a Weight Stop (28) onto the weight tube.

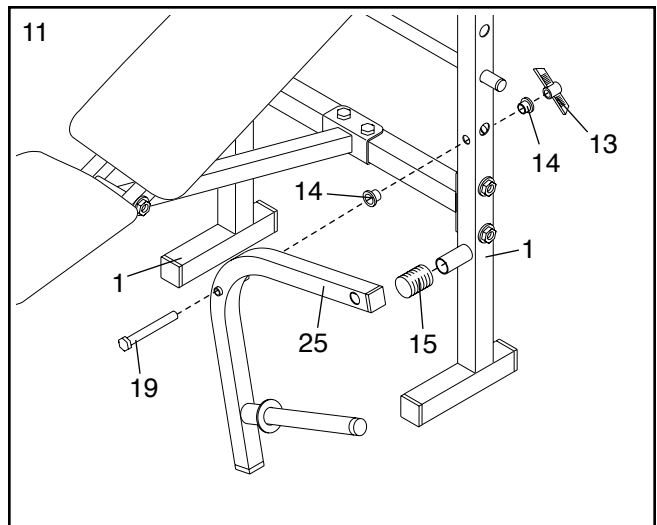
Assemble the other Fly Arm (not shown) in the same manner.



11. Tap a Fly Arm Stop (15) onto the welded tube on each Upright (1).

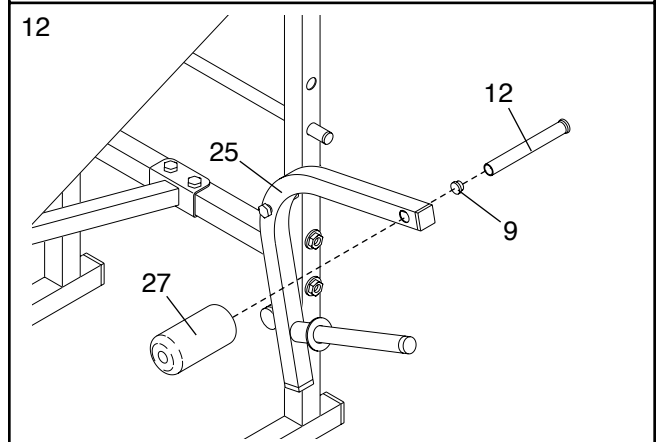
Press two Plastic Bushings (14) into the indicated holes in an Upright (1). Attach a Fly Arm (25) to the Upright using an M10 x 115mm Bolt (19) and a Butterfly Knob (13). Make sure the Fly Arm is on the outside of the Fly Arm Stop (15). **Do not overtighten the Butterfly Knob; the Fly Arm must be able to pivot easily.**

Attach the other Fly Arm (not shown) to the other Upright (1) in the same manner.



12. Push a 19mm Round Inner Cap (9) into the end of a Short Pad Tube (12). Slide the Short Pad Tube as far as it will go into the indicated hole in the a Fly Arm (25), as shown. Slide a Short Foam Pad (27) onto the Pad Tube.

Repeat this step for the other Fly Arm (not shown).



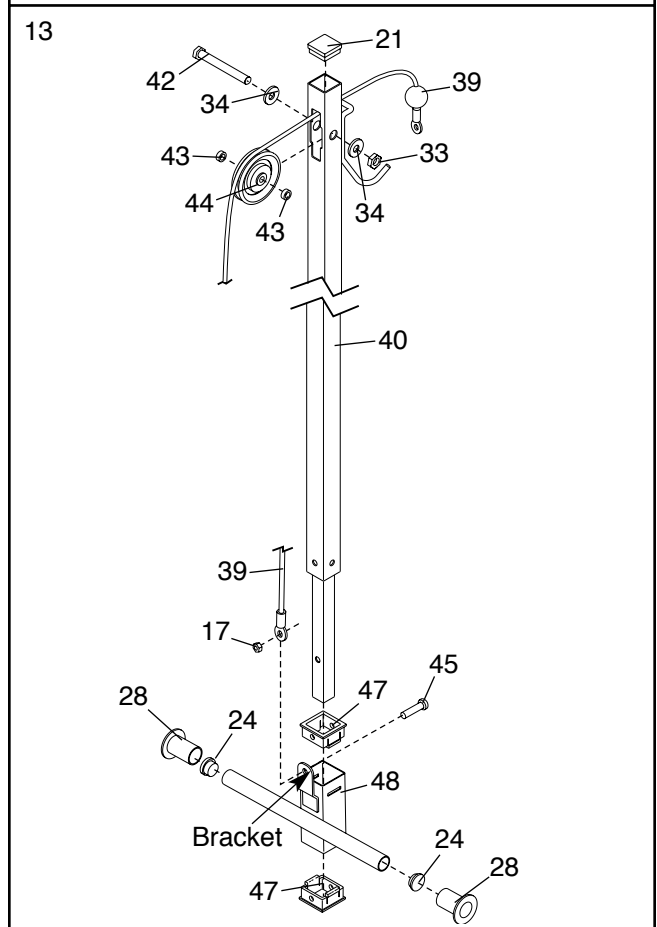
13. Route the eyelet end of the Cable (39) through the hole in the Lat Tower (40) and over the Pulley (44). Attach the Pulley, two Spacers (43), and two M10 Washers (34) to the Lat Tower with an M10 x 55mm Bolt (42) and an M10 Nylon Locknut (33).

Press a 38mm Square Inner Cap (21) into the top of the Lat Tower (40).

Insert two Square Bushings (47) into the top and bottom of the Weight Carriage (48). Press two 25mm Round Inner Caps (24) into the ends of the weight tube on the Weight Carriage. Slide two Weight Stops (28) onto the weight tube.

Slide an M8 x 16mm Screw (45) into the bracket on the Weight Carriage (48).

Slide the Weight Carriage (48) onto the Lat Tower (40). Attach the Cable (39) to the M8 x 16mm Screw (45) with an M8 Nylon Locknut (17).



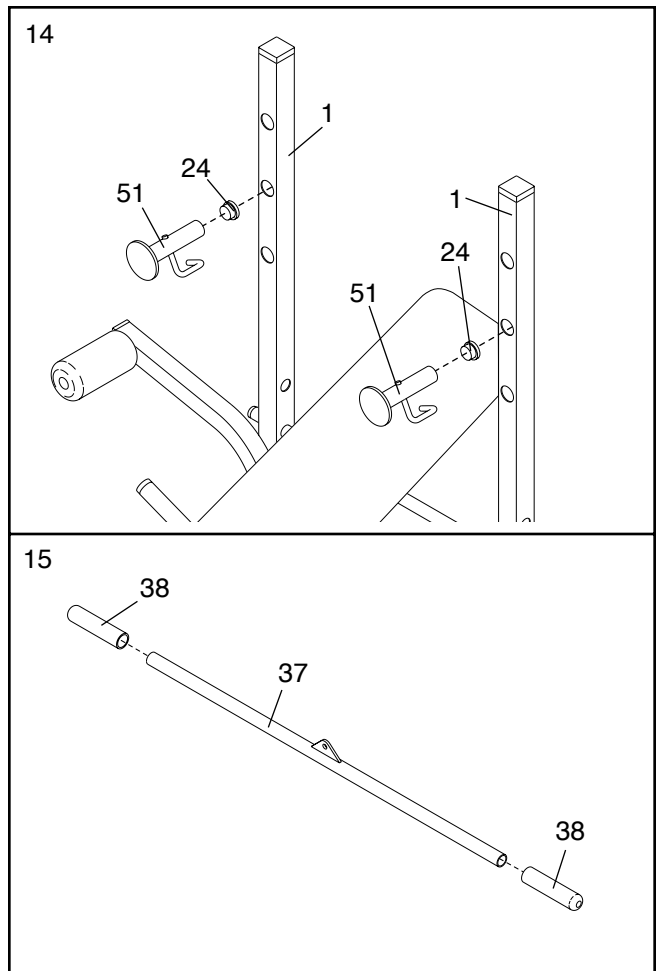
14. Press two 25mm Round Inner Caps (24) into the ends of the Weight Rests (51).

Insert the Weight Rests (51) into set of holes in the Uprights (1). Rotate the Weight Rests to the locked position, with the locking pin wrapped around the Upright.

⚠ WARNING: Always insert the Weight Rests (51) into the Uprights (1) at the same height.

15. Wet the ends of the Lat Bar (37) with soapy water. Slide the two Handgrips (38) onto the Lat Bar.

16. Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in **ADJUSTMENTS** starting on the next page.



ADJUSTMENTS

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 13 for important exercise information and refer to the accompanying exercise guide to see the correct form for several exercises.

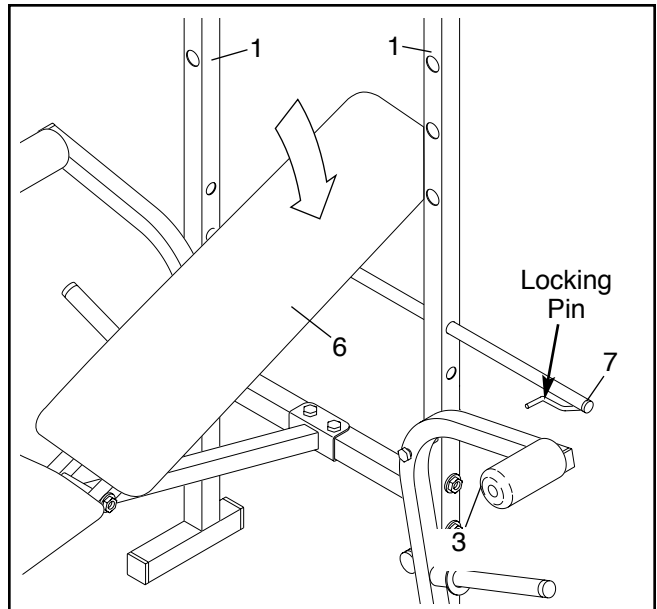
Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in a declined position, a level position, or two inclined positions. To use the Backrest in a declined position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) through a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, so the locking pin is wrapped around the Upright. Rest the Backrest on the Support Rod.

Note: Always insert the Support Rod (7) into the Uprights (1) so that the locking pin wraps around the back of the Upright.



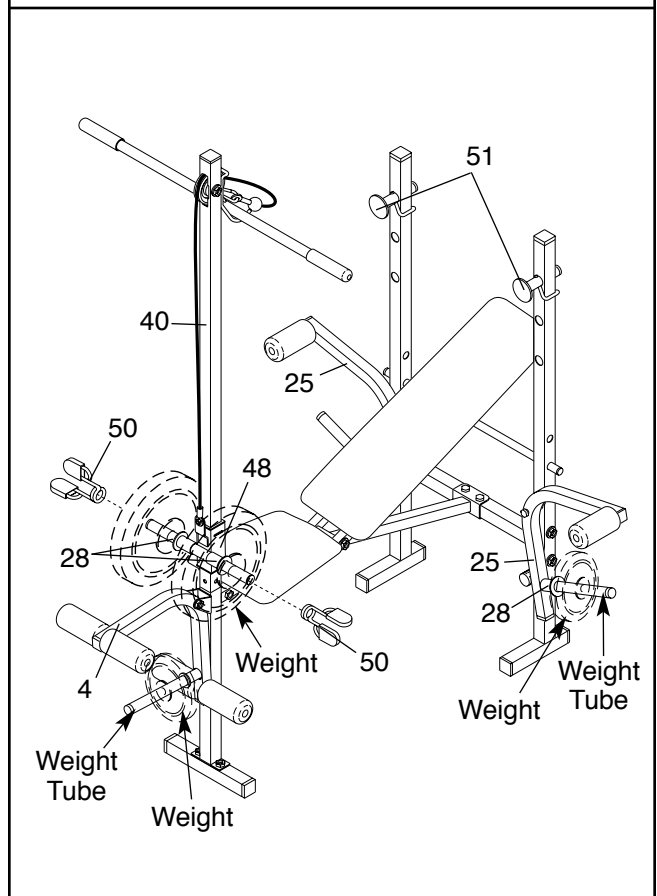
ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube on the Leg Lever.

To use the Fly Arms (25) or the Lat Tower (40), make sure there is a Weight Stop (28) on each weight tube or each side of the Weight Carriage (48). Next, slide the desired weights (not included) onto the weight tubes or the Weight Carriage. Secure the weights on the Weight Carriage with the two Weight Clips (50).

⚠ WARNING: When you are using the Leg Lever (4), place a barbell (not included) with the same amount of weight on the Weight Rests (51) to balance the bench.

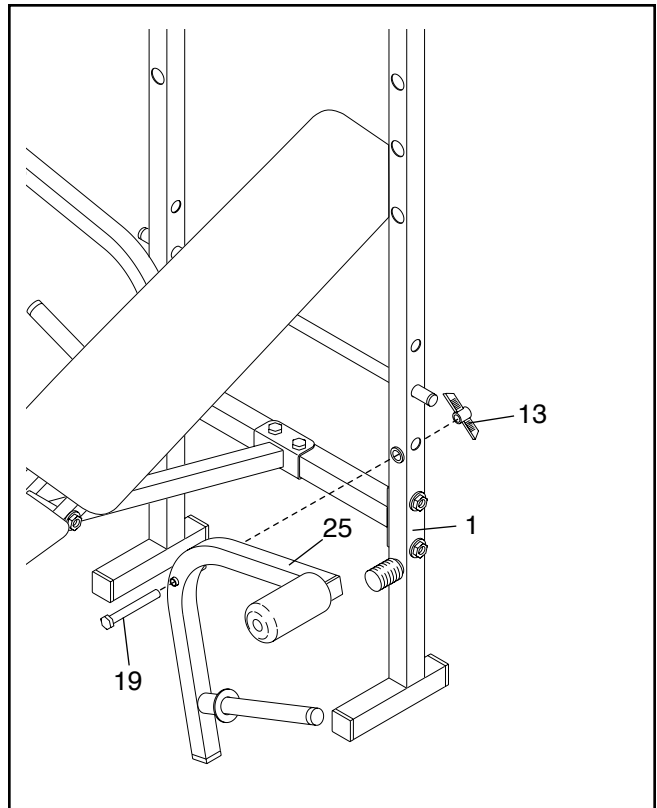
Do not place more than 50 pounds on the Leg Lever (4) or the Weight Carriage (48). Do not place more than 30 pounds on each Fly Arm (25).



REMOVING AND ATTACHING THE FLY ARMS

Some exercises are easier to perform if the Fly Arms (25) are removed from the weight bench. To remove the Fly Arms, remove the Butterfly Knob (13) and the M10 x 115mm Bolt (19) from each Fly Arm and Upright (1). Place the Fly Arms in a safe place.

To re-attach the Fly Arms (25), align the holes in the Fly Arms with the holes in the Uprights (1). Insert the M10 x 115mm Bolts (19) through the Fly Arms and Uprights. Tighten the Butterfly Knobs (13) onto the Bolts.

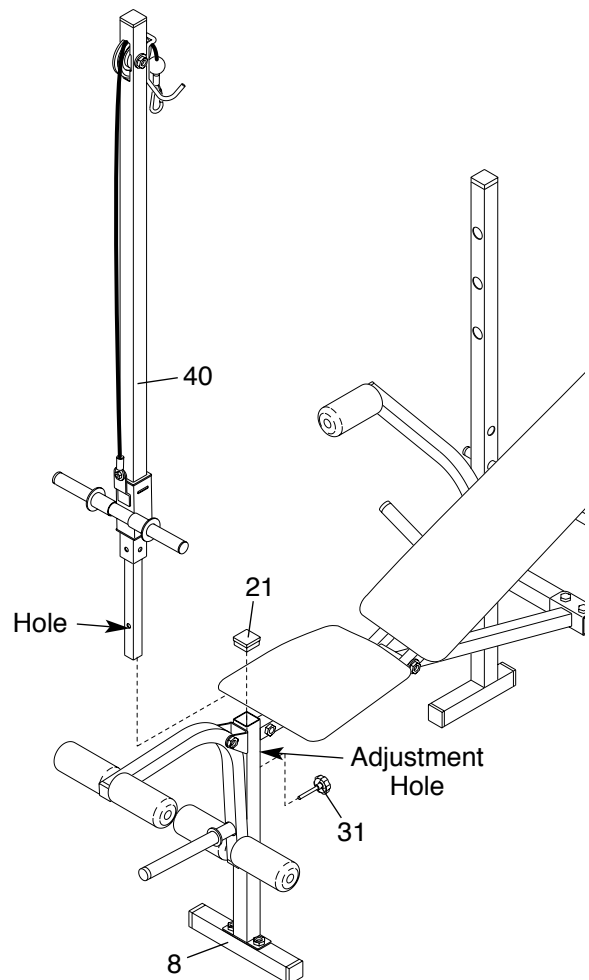


ATTACHING THE LAT TOWER

For some exercises, the Lat Tower (40) must be attached to the weight bench. To do this, remove the 38mm Square Inner Cap (21) from the Front Leg (8). Insert the Lat Tower into the Front Leg and align the indicated hole in the Lat Tower with the adjustment hole in the Front Leg. Secure the Lat Tower with the Adjustment Knob (31).

Note: When the Lat Tower (40) is not being used, it should be stored away from the weight bench, and the 38mm Square Inner Cap (21) should be inserted into the Front Leg (8).

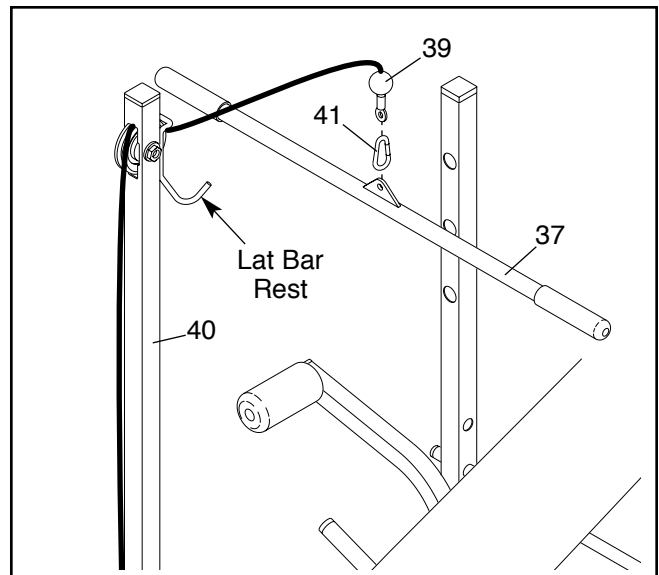
⚠ WARNING: When you are using the Lat Tower (40), place a barbell (not included) with the same amount of weight on the weight rests to balance the bench.



ATTACHING THE LAT BAR

Attach the Lat Bar (37) to the Cable (39) with a Cable Clip (41). Rest the Lat Bar on the lat bar rest on the Lat Tower (40).

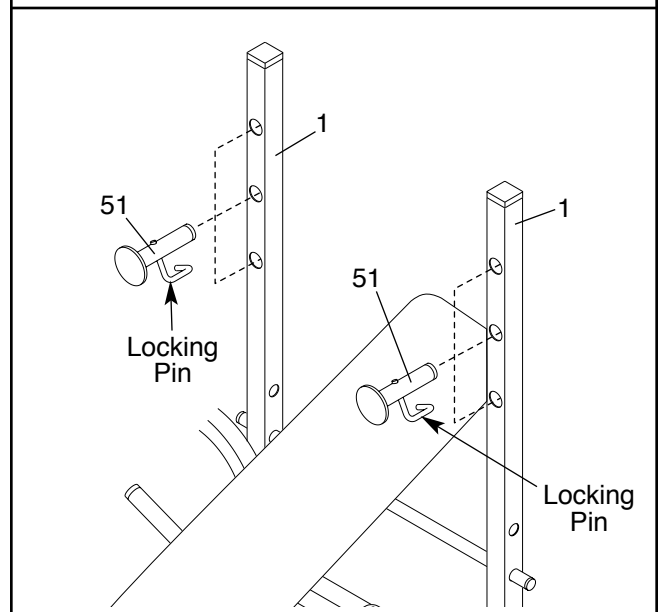
⚠ WARNING: Always remove the Lat Bar (37) when performing an exercise that does not require it.



ADJUSTING THE WEIGHT RESTS

The Weight Rests (51) can be adjusted to three heights. To move the Weight Rests, disengage the locking pins and remove the Weight Rest from the Uprights (1). Reinsert the Weight Rests into a set of holes in the Uprights. Rotate the Weight Rests to the locked position, with the locking pin wrapped around the Upright.

⚠ WARNING: Always insert the Weight Rests (51) into the Uprights (1) at the same height.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 14 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

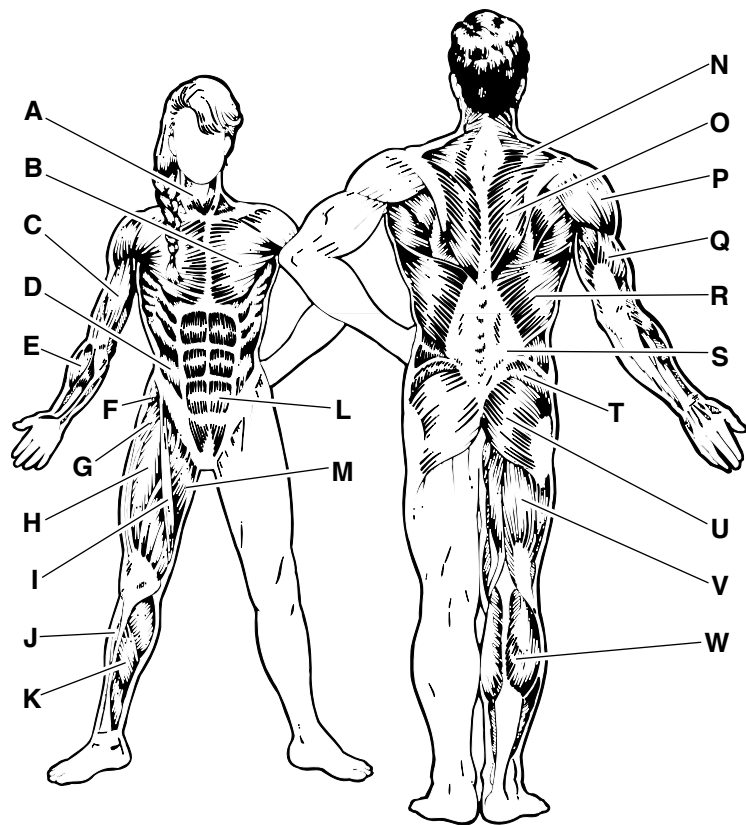
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 15 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _ / _ / _				

TUESDAY AEROBIC EXERCISE

Date:
_ / _ / _

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _ / _ / _				

THURSDAY AEROBIC EXERCISE

Date:
_ / _ / _

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _ / _ / _				

Make photocopies of this page for scheduling and recording your workouts.

ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (WEBE03820)
- The NAME of the product (WEIDER® 110 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

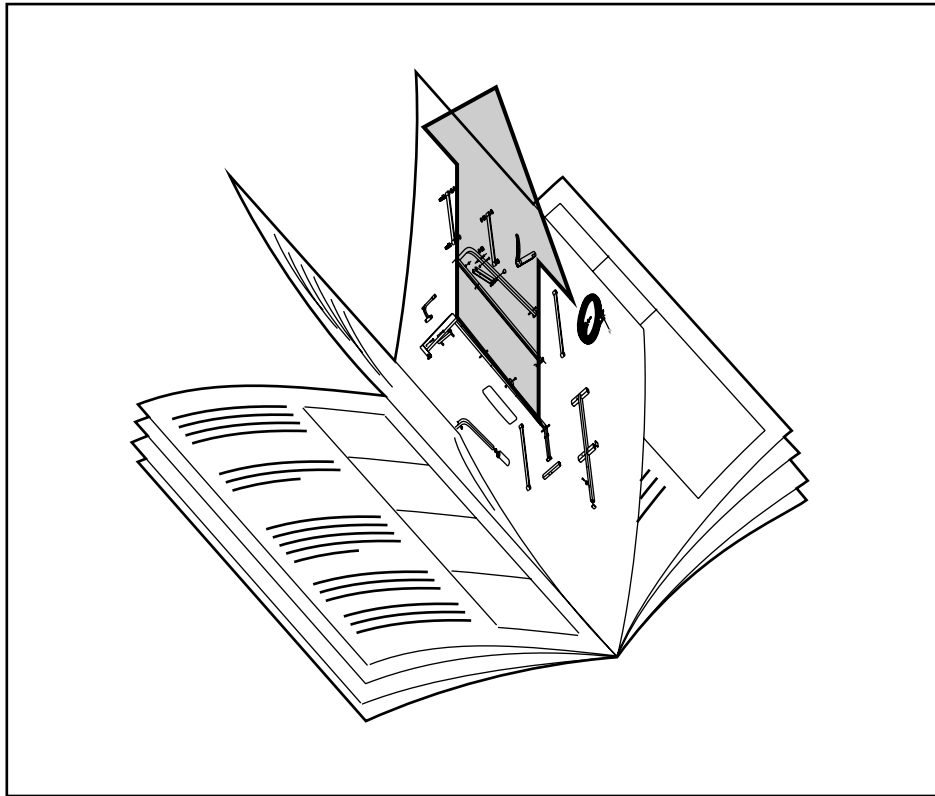
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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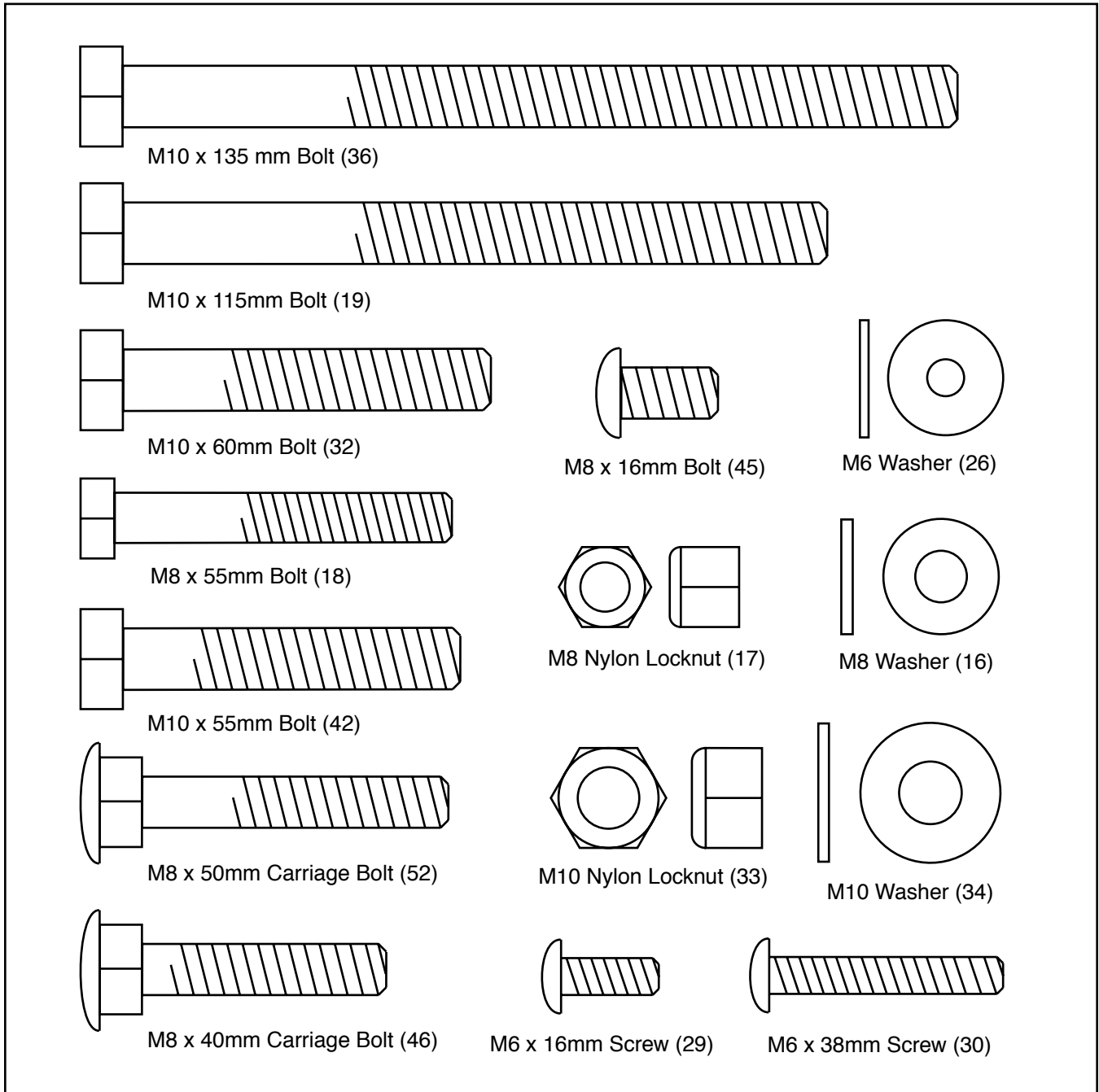
**REMOVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING**

**SAVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE**



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST in the center of this manual. **Important:** Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.



PART LIST—Model No. WEBE03820

R0902A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	29	4	M6 x 16mm Screw
2	1	Frame	30	4	M6 x 38mm Screw
3	1	Crossbar	31	1	Adjustment Knob
4	1	Leg Lever	32	1	M10 x 60mm Bolt
5	2	Backrest Tube	33	3	M10 Nylon Locknut
6	1	Backrest	34	4	M10 Washer
7	1	Support Rod	35	4	25mm Square Inner Cap
8	1	Front Leg	36	1	M10 x 135mm Bolt
9	8	19mm Round Inner Cap	37	1	Lat Bar
10	2	Long Pad Tube	38	2	Handgrip
11	1	Seat	39	1	Cable
12	2	Short Pad Tube	40	1	Lat Tower
13	2	Butterfly Knob	41	1	Cable Clip
14	4	Plastic Bushing	42	1	M10 x 55mm Bolt
15	2	Fly Arm Stop	43	2	Spacer
16	6	M8 Washer	44	1	Pulley
17	11	M8 Nylon Locknut	45	1	M8 x 16mm Screw
18	6	M8 x 55mm Bolt	46	2	M8 x 40mm Carriage Bolt
19	2	M10 x 115mm Bolt	47	2	Square Bushing
20	1	25mm Round Angled Cap	48	1	Weight Carriage
21	10	38mm Square Inner Cap	49	1	Stabilizer
22	6	30mm Square Inner Cap	50	2	Weight Clip
23	4	Long Foam Pad	51	2	Weight Rest
24	7	25mm Round Inner Cap	52	2	M8 x 50mm Carriage Bolt
25	2	Fly Arm	#	1	User's Manual
26	4	M6 Washer	#	1	Exercise Guide
27	2	Short Foam Pad	#	1	Grease Packet
28	4	Weight Stop			

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. WEBE03820

R0902A

